



Friendship Heights

# VILLAGE NEWS

MARCH 2020

VOLUME 37, NO. 3 [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

301-656-2797



**Comic Robert Mac,**  
see page 12.



## Asheville and Biltmore beckon

*Springtime trip also features Sally Hemings at Monticello, the International Civil Rights Museum and an restored Moravian Village*

Explore the art, architecture, and stunning beauty of Asheville, Biltmore Estate, the Blue Ridge Mountains and beyond, when we venture south **Sunday, May 31 through Thursday, June 4.**

Our five-day, four-night getaway offers history, art, nature, spectacular scenery, farm-to-table meals and the chance to stay at the Inn on Biltmore Estate, where you can stay and play on the grounds of one of our nation's grandest homes.

We'll depart from the Village Center bright and early Sunday at 7:30 a.m., and travel to Monticello. There we'll hear the story and follow the footsteps of Sally Hemings and her family. For centuries, rumors of the relationship between the enslaved Hemings and Jefferson continued. With 21st century technology and DNA testing, the Thomas Jefferson Foundation has finally recognized Hemings as the mother of six of

Jefferson's children. Our tour explores Monticello using the stories of several members of the Hemings Family. Through their experiences, you will learn about the challenges they faced as they negotiated to maintain family ties and strove for freedom.

Following our tour, we'll enjoy a boxed lunch from the Monticello Farm Table as we drive south along the Appalachian Mountains through southwestern Virginia.

Our home for the evening is the historic Martha Washington Inn in picturesque Abingdon, Va. Built by Francis Preston, a hero of the War of 1812, for his wife and nine children, the building later housed a women's college, and is now an inn and spa.

That evening, we'll linger over a three-course dinner at the inn.

The next morning, following breakfast at the Martha Washington,

**Continued on page 5, see Asheville**

## D.C.'s heroes of the Underground Railroad

Many of the unsung heroes of the Underground Railroad lived and worked in the Washington, D.C., area. From Leonard Grimes, a free African-American arrested for



transporting enslaved people to freedom, to John Dean, a white lawyer who used the District courts to test the legality of the Fugitive Slave Act, to Anna Maria Weems who dressed as a boy to escape to Canada, all demonstrated courage, resourcefulness and initiative. Enslaved people engineered escapes, individually and in groups, with and without the assistance of an organized network. Some ended up back in slavery or in jail, and some escaped to freedom.

Anthropologist and author Jenny Masur tell their story in "Heroes of the Underground Railroad around Washington, D.C."

She'll appear at the Village Center on **Thursday, March 26, at 7 p.m.**, to discuss and sign her book.

Copies of the book will be available for purchase.

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

**A chance to discuss your election hopes and fears, see page 4.**



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## A board game designed to help you remember

Learn how to use your photos and stories to get a dose of creative engagement every day when Patricia Dubroof presents "Making Memories Together" on **Wednesday, March 18, at 1 p.m., at the Village Center.**

"Making Memories Together" is an award-winning non-competitive board game designed for persons with major memory disorders such as Alzheimer's. The game uses Memory Cards, made from families' personal pictures. The game has been featured on CBS TV's "Healthwatch."

For details or to sign up, call the Village Center at 301-656-2797. The event is free.



## Friendship Heights VILLAGE NEWS

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights.

### ADVERTISING

The deadline for reserving space in the April issue is March 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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**VILLAGE MANAGER**  
**Julian P. Mansfield**



*The next Council meeting, open to the public, will be Monday, March 9, at 7:30 p.m. at the Village Center.*

## Community Conversations:

### Talking Politics—Concerns and Aspirations for the 2020 Election

In recent months, local psychologist David Sacks has led workshops, “Staying Sane in Stressful Political Times” and “Talking Politics and Keeping the Peace” at the Village Center.

On **Saturday, March 14, from 10 a.m. to 11:30 a.m.**, his structured “living room conversation,” will focus on the campaign leading to the 2020 election. As campaigning begins, countless voices clamor for our attention. This workshop will be an opportunity to step back, share and reflect on our perspectives with others, seeking a more productive exchange about our different values and hopes for the future. All are welcome. Children under 12 should

be accompanied by an adult.

Dr. Sacks is a licensed psychologist who provides psychotherapy for adults and adolescents in the Highland House Building. He was formerly Associate Professor of Clinical Psychology at the American School of Professional Psychology in Arlington, Va. He also worked in the Washington, D.C., Department of Mental Health Child and Youth Division.

This event is free, but please call the Village Center at 301-656-2979 if you plan to attend.



## Transforming family history into historical fiction

On **Wednesday, March 4, at 1 p.m.**, at the Village Center, Willard Berry, a former professor and expert in international trade and business, will discuss how years of research into his family's genealogy led to the publication of his first novel.

“Chasing Gods” follows Berry’s 3rd great-grandfather, Ephraim, through his conversion to Mormonism and his polygamy in early 19th century New York and New England. When Ephraim leaves his wife, he takes with him his mistress and his six children to live in New York, leaving his wife, the real hero of the story, alone and bereft in Maine.

In addition to reading excerpts from and discussing “Chasing Gods,” Berry will cover how retirement sparked his desire to unearth the facts behind family stories he had heard as child. That research led to years of writing classes and eventually the publication of “Chasing Gods.”

Copies of the book will be available for sale.

Please call the Village Center at 301-656-2797 if you plan to attend.

The Village Book Club will meet on **Tuesday, March 17, at 11 a.m.** The book selection is “Heartland: A Memoir of Working Hard” by Sarah Smarsh. Look for a copy in the Center Reading Room in the “Village Book Club Selections” bookcase.

*Looking ahead: The April book selection will be “Madame Fourcade’s Secret War” by Lynne Olson.*

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### A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

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# ON THE GO

## Asheville, Continued from page 1

we'll continue south into North Carolina to the beautiful mountain town of Asheville. Upon arrival, we'll meet our guide Ken Richards. Richards is an editor, feature columnist, poet, winemaster, educator, as well as tour guide. We'll ride through downtown Asheville, taking in the architecture and art, as we learn the city's history. We'll stop at the Grove Arcade, known for its ornate architecture, eclectic mix of shops and restaurants. There you'll have time to explore the



building and enjoy lunch on your own.

Next, we'll take a short drive along the Blue Ridge Parkway to the Folk Art Center, home of the Southern

Highland Craft Guild and the finest of both traditional and contemporary handicrafts of the region.

Next, we'll explore Grovewood Village, an historic site, which once housed the weaving and woodworking operations of Biltmore Industries. Then we're off to the Inn on Biltmore Estate, our home for the next two nights. Located on the estate, this inn features beautifully furnished rooms, magnificent views, a dining room, lobby and access to all the amenities on the estate, including Antler Hill Village, the Winery, Gardens, and of course, the 175,000 square foot homes. There are several shuttles to take you around the property.

That evening, we'll dine at the elegant Grand Bohemian Hotel, just a short drive away in Biltmore Village.

Continued on page 14, see Asheville

## Last chance for tickets to the Capitol Steps

A few spaces remain for our trip for an evening performance of The Capitol Steps on **Friday, March 20**, at the Ronald Reagan Building in Washington, D.C.

We'll depart from the Village Center at 5:45 p.m. and should return by 10:30.

Now in their 39th year of entertaining audiences of all political stripes, the Capitol Steps will make you smile and laugh as they poke fun at our political leaders with their zany parodies and musical skits.

Each Friday and Saturday night, the talented performers stage their show at the Ronald Reagan Building in Washington, D.C.

The cost of the trip, which includes round-trip transportation, orchestra seat and all taxes and gratuities, is \$76. Sign up immediately at the Village Center.



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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

## Thursday, March 5, 7 p.m. —Movie—“Zombieland:

**Double Tap**—Fans of the original Zombieland have waited 10 years for this sequel, which features original zombie slayers Emma Stone, Jesse Eisenberg, Woody Harrelson and Abigail Breslin. In this latest story, the slayers face off against new kinds of zombies, as well as new human survivors. In their quest, they generate comic mayhem from the White House to the heartland. Truly, the movie seems to have something for almost everyone: action, adventure, comedy, and horror. “Escapist” and “heaps of fun,” some critics have said in their favorable reviews of the movie. The rapport between the four stars reflects the growing pains they feel as a makeshift family in this cult classic. Viewers should be advised that zombie killing is a gruesome, bloody affair. Rotten Tomatoes awarded the film a score of 68%. Rated R. Running Time: 99 minutes.



**Thursday, March 12, 7 p.m. —Lecture: Regenerative Medicine, see page 16 for details.**



## Thursday, March 19, 7 p.m. —Movie—“Ford v Ferr-

**ri**—In the 1960s, Ferrari was the undisputed champion, an untouchable figure in auto racing. Henry Ford II wants in on this success. He travels to Italy to propose a merger with Enzo Ferrari. The Italians’ disdain for Ford is palpable. The plan is met with ridicule. Not to be undone, Ford hires Carroll Shelby, a car designer, and British driver Ken Miles to build the world’s fastest car. Ford plans to race the car at the 1966 24 hours of Le Mans, where the world will be watching. Shelby and Miles battle corporate interference, the laws of physics, and their own personal demons in their quest. Matt Damon and Christian Bale have received accolades for their performances as Carroll Shelby and Ken Miles in this story based on true events. Rotten Tomatoes gave the film a score of 95%. Rated: PG 13. Running Time: 152 minutes. 104 minutes.

**Thursday, March 26, 7 p.m.—Book signing: “Heroes of D.C.’s Underground Railroad” by Jenny Mazur**

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# ART and CULTURE

## Celebrating Women's History Month with 29 female artists

The Friendship Gallery is pleased to present a month-long celebration of women artists during International Women's Month. It is yet another opportunity to recognize and feature some of the many outstanding women artists in our area. The 29 women in this exhibit represent several generations, countries, cultural backgrounds, and experiences that exemplify visionary perspectives in contemporary art. The artists represented include: Katherine Bodner, Kim Bok, Mignonette Dooley, Susan Fattig, Jenne Glover, Carolyn Godridge, Eden Hansen, Antoinette Simmons Hodges, Aziza Gibson Hunter, Carolina Zumaran-Jones, Yassi Kashani, Sandy Kauffman, Karin Lohman, Barbara Meima, Joan Samworth, Francesca Scott, Millie Shott, Janathel Shaw, Coriolana Simon, Rhonda Silver, Rosalind Stern, Kama



**"Madelyn's Mandolin" by Annette Simmons Hodges**

the front desk receptionist when you arrive. Please note that all art sales are final.

Subramanian, Fariba Tahayyod, Natacha Thy, Debra Tyler, Plan-ta Vila, Marianne Winter, Diane Wolman and Chantale Wong. Meet the artists at a reception on **Sunday, March 8, from 11:30 a.m. to 1 p.m.**

Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with

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Friendship Heights  
Village Center



Calendar  
of Events 2020

MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	2 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Monday Night Bridge Club	3 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 6:30 p.m.: Pilates	4 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 1 p.m.: Book Signing with Willard Berry <b>5:30 p.m.: Community Advisory Committee meeting</b>	5 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4–5:30p.m.: Spanish Conversation 7 p.m.–8:30 p.m.: Writing Your Life Stories <b>7 p.m.:Movie: Zombieland</b>	6 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 1–2:30 p.m.: Friday Fiber Friends	7 8:15 a.m.: Walking Club
8 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers <b>11:30 a.m.–1 p.m.: Art Reception</b>	9 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Monday Night Bridge Club <b>7:30 p.m.: Friendship Heights Village Council Meeting</b>	10 8:15 a.m.: Walking Club <b>10 a.m.: Music with Marsha Goodman-Wood</b> 12–4 p.m.: Blood Pressure Screening 1p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m.: Express Yourself 3–4 p.m.: Tea 6:30 p.m.: Pilates	11 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group <b>1 p.m. Suburban Lecture: Managing Back Pain</b> 1 p.m.: All in the Eyes <b>7 p.m.: Concert: Brothers Flanagan</b>	12 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4–5:30p.m.: Spanish Conversation 7 p.m.–8:30 p.m.: Writing Your Life Stories <b>7 p.m.: Lecture: Regenerative Medicine</b>	13 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 1–2:30 p.m.: Friday Fiber Friends	14 8:15 a.m.: Walking Club <b>10 a.m.: Community Conversations: Concerns and Aspirations for 2020 Election</b>
15 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	16 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Monday Night Bridge Club	17 8:15 a.m.: Walking Club <b>10:30 a.m.: Tonya's Tots</b> 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 1 p.m.:Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 6:30 p.m.: Pilates 	18 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes <b>1 p.m.: Making Memories Brain Game</b>	19 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 4–5:30p.m.: Spanish Conversation <b>7 p.m.: Movie: Ford v. Ferrari</b>	20 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 1–2:30 p.m.: Friday Fiber Friends <b>5:45 p.m.: Depart for Capitol Steps</b>	21 8:15 a.m.: Walking Club <b>12–1 p.m.: Lunchtime Lessons: Great Courses DVD: The Kennedy Center and Northwest D.C. neighborhoods</b>
22 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	23 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Monday Night Bridge Club	24 8:15 a.m.: Walking Club <b>10 a.m.–2 p.m.: MVA Mobile Office</b> 10 a.m.–12 p.m.: Village Playtime 11 a.m.: Village Book Club 1 p.m.: Balance and Fall Prevention 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 6:30 p.m.: Pilates	25 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Chess Group 1 p.m.: All in the Eyes <b>5:30 p.m.: Program Advisory Committee Meeting</b> <b>7 p.m.: Concert: Friday Morning Music Club</b>	26 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond <b>12 p.m.: Vision Resources Lunch and Learn</b> 4–5:30p.m.: Spanish Conversation <b>7 p.m.: Book Signing: Heroes of The Underground Railroad in D.C. area</b>	27 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 1–2:30 p.m.: Friday Fiber Friends	28 8:15 a.m.: Walking Club
29 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	30 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Monday Night Bridge Club <b>6:30–8:30 p.m.: Mountain Music Jam and Sing-Along</b>	31 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 6:30 p.m.: Pilates	<div>Save the date:  Saturday, April 25: Spring Container Garden Workshop Saturday, May 2: Trip to the Maryland Sheep and Wool Festival</div> 			

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m

Highlighting D.C.’s Art Scene and Northwest Washington Neighborhoods during Lunchtime Lessons DVDs

Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C., on **Saturday, March 21, at 12 p.m.**  
The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.  
The DVD program will feature Smithsonian Distinguished Scholar Richard Kurin presenting “The Kennedy Center and the DC Arts Scene” and “Neighborhoods of Northwest D.C.”  
We’ll provide a drink and something sweet. Please call 301-656-2797 to RSVP.





# CLASSES AND CLUBS

**PLEASE SIGN UP AT THE VILLAGE CENTER AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF A MINIMUM NUMBER OF PARTICIPANTS IS NOT MET. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.**

**All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.**

***In the event a class is canceled, a make-up class will be held during the week following the last class of the session.***

## ART

### ABSTRACT PAINTING

A 10-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., April 10–June 19. Class will not meet May 22. \$200 for residents; \$215 for nonresidents. Participants must have prior painting experience. Sketchbook, acrylics and willingness to experiment are vital to this process. Please contact Joan at samworthjoan@gmail.com if new to this class. Class limit is 10.

### ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., in progress until April 1. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

### STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., April 9–June 18. Class will not meet May 21. \$200 for residents; \$215 for nonresidents. The class is based on drawing and painting the still life as its focus. The instructor will stress the elements of art, which are line, color, shape, value and texture. Composition and style are emphasized as each student strives to develop his or her own style. Bring your desired materials, bag lunch,

sketch book and desire to explore new ways of seeing. No oils please. Questions? Email: samworthjoan@gmail.com.

### SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 4 to 5:30 p.m. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

## EXERCISE

### BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., March 10–April 14. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

### BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., March 13–April 17. Exercises are designed to target balance issues and physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

### CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., March 4–April 8. The class, taught by Tonya Walton, is especially

for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

### DC TAI CHI (INTRODUCTION)

A 6-week class, Mondays, 9:30 to 10:30 a.m., March 16–April 20. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for details.

### DC TAI CHI (ONGOING)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., April 1–May 6. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for details.

### PILATES FOR POSTURAL STRENGTH

A 6-week session, Tuesdays, 6:30 to 7:30 p.m. Class in progress until March 31. Pilates movements can enhance core stability by rebalancing muscles while reinforcing correct spinal alignment. The essence of the class consists of standing positions and mat work for beginners/

intermediate levels and how to transition from those postures. Please check with your physician before registering to see if this class is appropriate for you. Ginger Russell is Pilates-certified and has been an instructor in several modalities for 20 years. \$85 for residents; \$90 for nonresidents. Please bring a yoga mat and bath towel. Props are included.

### **STRENGTH TRAINING**

A 6-week class, Mondays, 1 to 1:50 p.m., March 2–April 9. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

### **YOGA**

A 6-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, 9:10 to 10:30 a.m., March 1–April 5. This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don't eat for two hours before class. \$78 for residents; \$90 for nonresidents.

## **ONGOING GROUPS**

### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

### **CHESS**

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

### **DROP-IN TAI CHI**

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

### **EXPRESS YOURSELF**

An aphasia support group is facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets on the second Tuesday of each month from 3 to 4 p.m.

### **FRIDAY FIBER FRIENDS**

Gather with other knitters, crocheters, weavers, and other fiber enthusiasts on Fridays, from 1 to 2:30 p.m. Call Joan Lewis at 301-654-7415.

### **GREAT BOOKS GROUP**

Book lovers participate in lively discussions about books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

### **MONDAY EVENING BRIDGE**

A bridge group meets on Mondays, 6:30–8:30 p.m. Its purpose is to improve players' skills. Each session involves a lesson on bidding or play, followed by actual bidding and play of pre-dealt hands. All necessary supplies are provided. Totally free. Reservations are not necessary; just show up with your brain. For further information, contact Jim Metzger, jmetzger1942@gmail.com, 301-502-9419.

### **TEA**

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

### **TONYA'S TOTS AND SENIORS**

Exercise instructor Tonya Walton brings toddlers together with senior citizens for a morning of fitness and fun on Tuesday, March 17 from 10:30 to 11:30 a.m. All children must be accompanied

by a parent or caregiver. Please call by March 10 if you plan to attend.

### **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 4 for details.

### **VILLAGE BRIDGE CLUB**

The bridge club meets Mondays, 12:30 to 3:30 p.m. Village residents are encouraged to drop in. Cards will be supplied.

### **VILLAGE PLAY TIME**

Toys are set out at the Village Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Marsha Goodman-Wood performs music from 10 to 11 a.m. on the second Tuesday of the month.

### **WALKING CLUB**

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Eniko Basa at 301-657-4759 or Helen Davis at 301-718-6340.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.



## ***Fun with fiber every Friday***

Fiber enthusiasts, ranging from knitting and crocheting to weaving and needlepoint, are invited to bring current projects, ideas for future projects, or any questions related to fiber and fiber arts on Fridays, from 1 to 2:30 p.m.

For information, call Joan Lewis at 301-654-7415.



# CONCERTS

During January, February and March, concerts are held on the second and fourth and, if applicable, the fifth Wednesday of the month from 7 to 8 p.m. in Huntley Hall in the Friendship Heights Center.



**Wednesday, March 11—Brothers Flanagan—** Brothers Flanagan--The four musicians in this barbershop quartet specialize in Irish music so they are very popular in March. However, their concerts are great fun at any time of year. Each singer is accomplished in his own right and, as individuals, have performed at the Kennedy Center, the Birchmere, outdoor festivals, Washington Nationals Park, and in community productions of Broadway shows. Some of the members have sung with the U.S. Air Force Academy chorale and The Arlington Players. The Brothers Flanagan CD features "When Irish Eyes are Smiling" and "My Wild Irish Rose," among other favorites. They will perform an exciting program based on the barbershop quartets from the Broadway hit, The Music Man.

**Wednesday, March 25– Friday Morning Music Club–** A group of 15 women with a serious interest in classical music began meeting monthly at each other's houses for study and lessons in 1886. Over time, they invited friends for concerts and opened the Friday Morning Music Club to men. In 1974, the club launched its first public concert and has been providing weekly classical music entertainment to music lovers in the Washington, D.C., area ever since. They no longer perform only on Fridays and their concerts are free to the public. The club supports a full orchestra, a chorale, a composers group, at home study groups, and outreach to community venues. The club also sponsors competitions for local talent and student member recitals.

## Village Center Snow Policy

**The Friendship Heights Village Center follows the Federal Government for closings and delays caused by inclement weather.**

## No fooling—It's an evening of comedy on April 1!

Join us on **Wednesday, April 1, at 7 p.m.**, when we welcome stand-up comic Robert Mac to the Village Center for an evening of fun and laughs.

Robert Mac is an award-winning stand-up comedian whose honors include: grand prize winner of Comedy Central's "Laugh Riots," finalist in a host of competitions including Billy Crystal's Mr. Saturday Night Contest and the San Francisco International Comedy Competition. His TV credits include: Last Comic Standing; Comedy Central's Premium Blend; NBC's Late Night and more.

Comic Mark Palchick will emcee.

The event is free. For details, call 301-656-2797.

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# TO YOUR HEALTH

## Vision Resources Lunch and Learn: *Tackling Cataracts*

Dr. Howard Weiss will address cataracts — what they are, how they occur and treatment opportunities — during this month's Vision Resources Lunch and Learn on **Thursday, March 26, from 12 to 1 p.m.**, at the Village Center.

Dr. Weiss is a glaucoma specialist and cataract surgeon with the Washington Eye Physicians.

Please join us for lunch. This event is free but reservations are required. Please call the Village Center at 301-656-2797 if you plan to attend.



## The Mechanics of Back Pain

Do you suffer from regular back pain that prevents you from doing everyday activities? Get your back on track when Dr. Kaylie Nielson speaks during the March Suburban Lecture on **Wednesday, March 11, from 1 to 2 p.m.**, at the Village Center.

Nielson, a physical therapist and physician at the National Rehabilitation Hospital, will explain the keys to maintaining a healthy spine and back, including proper posture and lifting techniques.

This event is free. Please call the Village Center at 301-656-2797 if you plan to attend.



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## Asheville, Continued from page 5

The following day, enjoy breakfast and visit the grand cha-teau at Biltmore. You'll have the day to explore the estate's numerous attractions and amenities. Lunch and dinner are on your own at your leisure.

On Wednesday morning, we'll bid Asheville adieu en route to Greensboro, N.C. We'll dine at Undercurrent, a Greensboro restaurant acclaimed for its farm-to-table menu. Following lunch, we'll tour the International Civil Rights Museum, the former site of the Woolworth counter where in 1960 four African-American students from nearby North Carolina A&T sat down at the lunch counter and sparked a national sit-in movement.

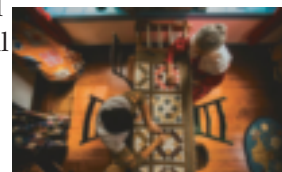
That evening, we'll check into the charming Brookstown Inn, a former cotton mill-turned-inn, complete with original wooden beams, exposed brick and newly



refinished historic pine wood floors. After a wine and cheese reception, you're on your own to dine in one of the myriad of restaurants within walking distance of the inn.

The inn is located within minutes of Old Salem, a former Moravian settlement featuring an Early American decorative arts museum, gardens and costumed

interpreters in a number of restored buildings within the old town. We'll visit Old Salem before returning to Friendship Heights.



The cost of the trip, which includes round-trip transportation, four nights deluxe accommodations, four breakfasts, two lunches, two dinners, Hemings tour, Biltmore Estate and House access and audio tour, guide services, Grovewood Village tour, International Civil Rights Museum tour, admission to Old Salem, and all taxes and gratuities, is \$1524 per person, double occupancy.

Sign up by March 7 and pay \$1484, per person/double occupancy. The single supplement is \$465 and due at sign up.

A deposit of \$600 is due at sign up and refundable until March 8. The second payment of \$500 is due April 8. The balance is due May 1.

Residents may sign up immediately at the Village Center; nonresidents, beginning March 5.

This trip involves walking and climbing stairs. Please consider this when registering. There are a limited number of accessible rooms available. Please indicate at sign up if you need one. We strongly suggest you consider purchasing trip insurance.

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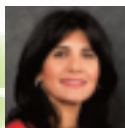
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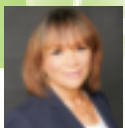
### Dr. Beverli Fontaine

Dr. Fontaine specializes in Dermatology and Cosmetic Dermatology. She is accepting walk in patients and doing \$65 Skin Checks!



### Dr. Shabnam Shahabadi

Dr. Shahabadi is a board-certified dermatologist and Dr. Shahabadi welcomes adults and children in her clinical practice, where she has special interest in aesthetic dermatology, especially fractional CO2 laser skin resurfacing, Botox and soft tissue fillers.  
www.psdva.com



### Dr. Patricia Frye

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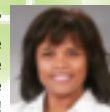
### Dr. Virginia Sampang

Dr. Sampang specializes in Family Medicine. She is committed towards providing excellent patient care and delivers a compassionate approach in treating her patients from childhood to adulthood.



### Dr. Nicole Farmer

Dr. Farmer is board-certified in Internal Medicine and Integrative Medicine. She focuses on preventive and lifestyle medicine in my practice. Together we can make positive changes to your life!



### Dr. Adeline Coleman

Dr. Coleman is a board-certified in Obstetrics & Gynecology. She focuses on minimally invasive surgery and office gynecology with some nutrition, wellness & aesthetics  
www.ensantemed.com.



### Dr. Misuk Kim

Dr. Kim is board-certified in Obstetrics & Gynecology. She specializes in gynecology conditions and minimally invasive options.



### Dr. Pierre Gordon

Dr. Pierre Gordon has been in practice for nearly 7 years providing Gynecologic care to women of the DMV area. He is expanding his services by providing surgical and nonsurgical Aesthetic care.  
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## Cracking the code of regenerative medicine



Physician Mark Klaiman will discuss the new and somewhat controversial field of regenerative medicine **Thursday, March 12, from 7 to 8:30 p.m.**, at the Village Center.

Mark Klaiman, MD, who practices at Point Performance in Bethesda, has been a vanguard of regenerative

medicine for years. Through procedures such as prolotherapy, PRP (Platelet Rich Plasma) and stem cell therapy, Dr. Klaiman treats patients' musculoskeletal conditions and answers their questions about this innovative medicine.

This event is presented by the Friendship Heights Village Council in collaboration with the Friendship Heights Neighborhood Network. Please call the Village Center at 301-656-2797 if you plan to attend.



## Nick Glakas takes us to Tahiti, Bora Bora and beyond

There is something lyrical, almost mystical, about the Pacific with its endless ocean, wide expanse of sky, wisps of white clouds on the horizon, and islands in the distance encircled by translucent lagoons. It is lovely beyond description. Join us for a journey through the mystical, magical islands of French Polynesia **Thursday, April 16, at 1 p.m.**, at the Village Center.

Our guide is Nick Glakas, an international lawyer and Smithsonian lecturer who has lectured on cruise ships in French Polynesia and around the world.

The event is free. Please call the Village Center at 301-656-2797 if you plan to attend.



*Friendship Heights*

## VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815

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**March 2020 events calendar**